

ABSTRACT OF THE DISCLOSURE

A garment pad kit for coupling a garment pad (20A, 20B, 120A, or 120B) to a garment (11 or 102) is provided. The garment pad kit includes a garment pad (20A, 20B, 120A, or 120B) having a body portion (23 and 123) having an adhering surface (19, 21, 119, and 121) disposed on the body portion. The garment pad kit further includes an adhesive (33, 34, 133, or 134) for coupling the adhering surface to a garment (11 or 102).